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The authors restate in a general way the subject-matter of former books on business English, except for the studies of business synonyms and common business expressions. The book also contains an unusually large number of illustrative exercises.

The book is well organized for use as a textbook. Persons giving English courses in secondary schools will find it helpful.

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*The problems of nutrition.*—Home economics teachers will be interested to learn that a much needed textbook<sup>1</sup> of dietetics has recently appeared. The content of the book is especially significant in view of the experience of both authors as teachers of the subject and of one of them as worker with actual problems of malnutrition and of family feeding on low incomes in the Association for Improving the Condition of the Poor.

The book starts with a comparison of the weights and heights of the girls in the class with the standards for their ages. Following this is a study of food values as to fuel, protein, mineral, vitamins, and the requirements of a good diet. The authors have supplied the text generously with valuable tables and illuminating graphs on these subjects. A splendid and thoroughly scientific body of material makes the book a well-rounded and teachable text. At the close of each chapter are interesting concrete problems designed to stimulate the immediate application of nutritional facts to real life-problems, to answer what shall I eat and how much to maintain health. The many arithmetical problems bring out both food requirements and food costs. However, the time limitation of the average high-school course will necessitate some selection of problems.

Following the general study of the basis for planning meals, the authors make an interesting and concrete section of the book by selecting a family containing children of various ages and discussing the marketing problems of this family. The high-school girl thus makes application of her earlier nutrition study to actual food purchase for the family's need. The food requirements of the "Irving family" are discussed in such a way as to make it possible for each member of the class to adapt the suggestion to her own individual problem.

The conspicuous feature of *Dietetics for High Schools* is the unique method adopted to make the teaching of nutrition in the secondary schools function in the lives of the girls and members of their families. The book seems designed to fulfil adequately the need of a concise and practical treatment of the subject of nutrition felt so long by social workers, public health nurses, and teachers.

<sup>1</sup> FLORENCE WILLARD and LUCY H. GILLET, *Dietetics for High Schools*. New York: Macmillan Co., 1920. Pp. xx+201.